

AQUATICS

General Information

Community Swim Complex • 3401 Monroe Street
602-4685

The Facility

The Swim Complex includes the 25-yard by 25-meter pool, two 1-meter diving boards, a shallow play area and access ramp, six sets of bleachers and plenty of deck space. Parking is available in the east and south lots, and is limited to ninety minutes. The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire Complex is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily.

Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, which results in better safety for all users. Your cooperation is necessary and appreciated.

Per Admission Fees (Proof of residency required.)

Youth/Teen 17 & under	\$2
Adult Resident: Proof of residency required.	\$3
Adult Non-Resident	\$4

Discount Passes

Four month and one month passes for individuals and families are available. See flyer or staff at the Swim Complex for more information.

Recreation Swim

During recreation swim times: The shallow end play area is open and bag check service is available at no cost. An adult must accompany children under 8 in the water. Two children under 8 are admitted free with a paying adult. To enter deep water you must demonstrate your swimming ability to the lifeguard. *The diving boards may be available on weekends if there is sufficient demand. Please check with staff.*

Adult Lap Swim ♥

SUMMER SCHEDULE *

June 18 to August 26, 2007

MONDAY through FRIDAY

6-7:15 am	ADULT Lap Swim
12-1:30 pm	ADULT Lap Swim
1:30-4 pm	Recreation and Lap Swim
5:45-7:30 pm	Recreation and Lap Swim

WEEKENDS

10:15 am-12 noon	ADULT Lap Swim
12 noon-4 pm	Recreation and Lap Swim

***NOTE: Additional adult lap swim times may be available, please check with staff. Schedule is subject to change due to special programs or events; please call 602-4685 and select message #8 for schedule adjustments.**

SUBSCRIBE! Receive schedule updates via email! Log on to www.ci.carlsbad.ca.us/recreation/swim and click on "Facility Schedule."

INSTRUCTIONAL CLASSES HAVE TWO REGISTRATION DATES:

American Red Cross standards are taught by Water Safety Instructors. Please request a Swim Lessons Information Sheet for additional facts. TO ASSIST YOU IN PLACING YOUR CHILD INTO THE RIGHT LEVEL COME TO OUR FREE SKILL LEVEL TESTING AT THE SWIM COMPLEX DURING THE FOLLOWING DATES/TIMES: APRIL 9TH THROUGH JUNE 10TH; 12:30 TO 1:15 PM AND 5:30 TO 6:30 PM, MONDAY THROUGH FRIDAY AND 12:30 TO 3:30 PM WEEKENDS. AFTER JUNE 18TH, COME DURING ANY RECREATION SWIM TIME.

Classes are held Monday through Friday in Sessions SA through SE and Saturday and Sunday in sessions SF and SG.

Monday through Friday Sessions:

SA	June 18 - June 29
SB	July 2 - July 13 (no classes on July 4th)
SC	July 16 - July 27
SD	July 30 - August 10
SE	August 13 - August 24

Weekend Sessions:

SF	June 23 - July 22
SG	July 28 - August 26

REGISTRATION PROCEDURES FOR AQUATIC PROGRAMS SESSIONS SA, SB, SC and SF:

- **Resident On-Line Registration** at www.CarlsbadConnect.org begins May 9th. See page 31.
- **Open On-Line, Phone-In (602-4685) and Walk-In Registration** begins May 16th and continues during Swim Complex office hours:

May 17 through June 15:

Monday through Friday: 10:30 am to 6:30 pm
Weekends: 12 noon to 3:30 pm

June 18 through August 26:

Monday through Friday: 6 am to 7 pm
Weekends: 12 noon to 3:30 pm

REGISTRATION PROCEDURES FOR AQUATIC PROGRAMS SESSIONS SD, SE AND SG:

- **Resident On-Line Registration** at www.CarlsbadConnect.org begins for Carlsbad residents on Tuesday, July 3rd, and continues until classes are full.
- **Open On-Line, Phone-In (602-4685) and Walk-In Registration** begins July 11th at 9:30 am and continues during Swim Complex office hours:
Monday through Friday: 6 am to 7 pm
Weekends: 12 noon to 3:30 pm

Guard Start

This program gives youth ages 11 through 15 a jump start to Red Cross Lifeguarding. It builds a foundation of knowledge, attitudes and skills consisting of five categories: Prevention, Fitness, Response, Leadership and Professionalism. **Prerequisite:** Completion of 5th grade and demonstration of the following skills: continuously swim 25 meters of front crawlstroke; tread water for 1 minute using arms and legs; submerge and swim 10 feet underwater.

Swim Complex: Lanes 5-6

Age: 10Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32562	1:30-4:30pm	M-F	Jul 16-27	10c	\$75/\$85

Learn to Swim

Adult/Teen Swim Instruction

No minimum skills. Individualized instruction for all levels of ability taught in a group setting.

Swim Complex: Lanes 7 and 8

Age: 16Y - 99Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32557	5:10-5:40pm	M-F	Jun 18-29	10c	\$40/\$60
32558	5:10-5:40pm	M-F	Jul 2-13	10c	\$40/\$60
32559	5:10-5:40pm	M-F	Jul 16-27	10c	\$40/\$60
32560	5:10-5:40pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32561	5:10-5:40pm	M-F	Aug 13-24	10c	\$40/\$60

Level 1: Water Exploration

Skills taught/completion requirements include: Enter and exit water safely using ladder, steps or side; blow bubbles through mouth and nose; open eyes underwater; pick up a submerged object held at arms length; recover from 5 second front float and back float to standing position; change direction of travel while walking or paddling; roll over from front to back and back to front. Swim on front: alternating and simultaneous arm and leg actions at least 5 ft.; combined stroke on front (any arm and leg action) at least 5 ft. Swim on back: alternating and simultaneous arm action at least 5 ft.; alternating and simultaneous leg action at least 5 ft. Combined stroke on back (any arm and leg action) at least 5 ft. Water safety rules; how to use a life jacket; wearing a life jacket in the water; how to recognize a swimmer in distress; how to get help; Exit Skill 1; Exit Skill 2.

Swim Complex: Lane 11

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32564	10:10-10:40am	M-F	Jun 18-29	10c	\$40/\$60
32565	1:00-1:30pm	M-F	Jun 18-29	10c	\$40/\$60
32566	10:10-10:40am	M-F	Jul 2-13	10c	\$40/\$60
32567	1:00-1:30pm	M-F	Jul 2-13	10c	\$40/\$60
32568	4:35-5:05pm	M-F	Jul 2-13	10c	\$40/\$60
32569	10:10-10:40am	M-F	Jul 16-27	10c	\$40/\$60
32570	4:35-5:05pm	M-F	Jul 16-27	10c	\$40/\$60
32571	10:10-10:40am	M-F	Jul 30-Aug 10	10c	\$40/\$60

Level 2: Primary Skills

Skills taught/minimum completion requirements include: Enter water by stepping or jumping from the side; exit water safely using ladder or side, at least 5 bobs; open eyes underwater; pick up a submerged object 3x; maintain front float position (face in water) at least 5 seconds unsupported; recover from front float to standing position; front glide at least 2 body lengths; jellyfish float at least 5 seconds; maintain back float position at least 5 seconds unsupported; recover from back float to standing position; back glide at least 2 body lengths; change direction of travel paddling on front or back; roll over from front to back and back to front; treading using arm and leg motions. Swim on front: combined arm and leg actions on front at least 15 ft. Swim on back: finning arm action at least 15 ft.; sculling arm action; combined arm and leg actions on back at least 15 ft. Swim on side: Alternating leg action; simultaneous leg action at least 5 ft. Water safety rules; how to move in the water while wearing a life jacket.

Swim Complex: Lane 10

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32572	9:35-10:05am	M-F	Jun 18-29	10c	\$40/\$60
32573	10:45-11:15am	M-F	Jun 18-29	10c	\$40/\$60
32574	11:20-11:50am	M-F	Jun 18-29	10c	\$40/\$60
32575	4:35-5:05pm	M-F	Jun 18-29	10c	\$40/\$60
32576	5:10-5:40pm	M-F	Jun 18-29	10c	\$40/\$60
32577	9:35-10:05am	M-F	Jul 2-13	10c	\$40/\$60
32578	10:45-11:15am	M-F	Jul 2-13	10c	\$40/\$60
32579	4:00-4:30pm	M-F	Jul 2-13	10c	\$40/\$60
32806	4:35-5:05pm	M-F	Aug 13-24	10c	\$40/\$60
32580	9:35-10:05am	M-F	Jul 16-27	10c	\$40/\$60
32581	10:45-11:15am	M-F	Jul 16-27	10c	\$40/\$60
32582	4:00-4:30pm	M-F	Jul 16-27	10c	\$40/\$60
32583	5:10-5:40pm	M-F	Jul 16-27	10c	\$40/\$60
32584	9:35-10:05am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32585	10:45-11:15am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32586	4:00-4:30pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32587	9:35-10:05am	M-F	Aug 13-24	10c	\$40/\$60
32588	10:45-11:15am	M-F	Aug 13-24	10c	\$40/\$60
32589	5:10-5:40pm	M-F	Aug 13-24	10c	\$40/\$60
32590	10:50-11:20am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32591	10:50-11:20am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32592	11:20-11:50am	M-F	Jul 16-27	10c	\$40/\$60

Level 3: Stroke Readiness

Skills taught/minimum completion requirements include: Jump into deep water from the side; head-first entry from sitting or kneeling position in 9 ft. deep water; bobs with the head fully submerged; rotary breathing at least 5x; front glide kick one and kick two; survival float 30 seconds; back glide kick one and kick two; back float at least 30 seconds in deep water; change from vertical to horizontal position on front and back; tread water at least 30 seconds. Swim on front: front crawl 25 meters, butterfly kick and body motion 15 meters. Back crawl 25 meters. General water safety rules; rules for safe diving; enter the water wearing a life jacket; HELP and huddle positions 1 minute; reaching assist; discuss Check-Call-Care; Exit Skill 1.

Swim Complex: Lanes 9 and 10**Age: 5Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32593	9:35-10:05am	M-F	Jun 18-29	10c	\$40/\$60
32594	9:35-10:05am	M-F	Jun 18-29	10c	\$40/\$60
32595	10:10-10:40am	M-F	Jun 18-29	10c	\$40/\$60
32596	10:45-11:15am	M-F	Jun 18-29	10c	\$40/\$60
32597	11:20-11:50am	M-F	Jun 18-29	10c	\$40/\$60
32598	4:00-4:30pm	M-F	Jun 18-29	10c	\$40/\$60
32599	5:10-5:40pm	M-F	Jun 18-29	10c	\$40/\$60
32600	9:35-10:05am	M-F	Jul 2-13	10c	\$40/\$60
32601	10:10-10:40am	M-F	Jul 2-13	10c	\$40/\$60
32602	10:45-11:15am	M-F	Jul 2-13	10c	\$40/\$60
32604	4:00-4:30pm	M-F	Jul 2-13	10c	\$40/\$60
32605	4:35-5:05pm	M-F	Jul 2-13	10c	\$40/\$60
32606	9:35-10:05am	M-F	Jul 16-27	10c	\$40/\$60
32607	10:10-10:40am	M-F	Jul 16-27	10c	\$40/\$60
32608	10:45-11:15am	M-F	Jul 16-27	10c	\$40/\$60
32609	4:00-4:30pm	M-F	Jul 16-27	10c	\$40/\$60
32610	4:35-5:05pm	M-F	Jul 16-27	10c	\$40/\$60
32611	9:35-10:05am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32612	10:10-10:40am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32613	10:45-11:15am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32614	4:00-4:30pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32615	4:35-5:05pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32616	9:35-10:05am	M-F	Aug 13-24	10c	\$40/\$60
32617	10:45-11:15am	M-F	Aug 13-24	10c	\$40/\$60
32618	11:20-11:50am	M-F	Aug 13-24	10c	\$40/\$60
32619	4:00-4:30pm	M-F	Aug 13-24	10c	\$40/\$60
32620	4:35-5:05pm	M-F	Aug 13-24	10c	\$40/\$60
32621	10:15-10:45am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32622	10:15-10:45am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32623	11:25-11:55am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60

Swim Complex: Lanes 9 and 10**Age: 5Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32603	11:20-11:50am	M-F	Jul 2-13	10c	\$40/\$60

Level 4: Stroke Development

Skills taught/minimum completion requirements include: Dive from side in compact or stride position; feet first surface dive; survival float at least one minute; back float at least one minute; open turn on front and back; front crawl at least 50 meters; breaststroke at least 50 meters; butterfly at least 50 meters; back crawl at least 50 meters; elementary backstroke at least 50 meters; treading water for at least one minute; swim on side with scissor kick at least 50 meters; compact jump from a height while wearing a life jacket; throwing assist; care for conscious choking victim; Exit Skill 1 and 2.

Swim Complex: Lanes 7 and 8**Age: 6Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32624	10:10-10:40am	M-F	Jun 18-29	10c	\$40/\$60
32625	10:10-10:40am	M-F	Jun 18-29	10c	\$40/\$60

32626	10:45-11:15am	M-F	Jun 18-29	10c	\$40/\$60
32627	11:20-11:50am	M-F	Jun 18-29	10c	\$40/\$60
32628	4:00-4:30pm	M-F	Jun 18-29	10c	\$40/\$60
32629	9:35-10:05am	M-F	Jul 2-13	10c	\$40/\$60
32630	10:10-10:40am	M-F	Jul 2-13	10c	\$40/\$60
32631	10:45-11:15am	M-F	Jul 2-13	10c	\$40/\$60
32633	11:20-11:50am	M-F	Jul 2-13	9c	\$40/\$60
32634	4:00-4:30pm	M-F	Jul 2-13	10c	\$40/\$60
32635	4:35-5:05pm	M-F	Jul 2-13	10c	\$40/\$60
32636	9:35-10:05am	M-F	Jul 16-27	10c	\$40/\$60
32638	10:10-10:40am	M-F	Jul 16-27	10c	\$40/\$60
32639	10:45-11:15am	M-F	Jul 16-27	10c	\$40/\$60
32640	11:20-11:50am	M-F	Jul 16-27	10c	\$40/\$60
32642	4:00-4:30pm	M-F	Jul 16-27	10c	\$40/\$60
32643	4:35-5:05pm	M-F	Jul 16-27	10c	\$40/\$60
32644	9:35-10:05am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32645	10:10-10:40am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32646	10:45-11:15am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32648	4:00-4:30pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32649	4:35-5:05pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32651	10:10-10:40am	M-F	Aug 13-24	10c	\$40/\$60
32652	10:45-11:15am	M-F	Aug 13-24	10c	\$40/\$60
32654	4:00-4:30pm	M-F	Aug 13-24	10c	\$40/\$60
32655	4:35-5:05pm	M-F	Aug 13-24	10c	\$40/\$60
32656	10:50-11:20am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32657	10:50-11:20am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32658	5:10-5:40pm	M-F	Jul 2-13	10c	\$40/\$60

Level 5: Stroke Refinement

Completion of level 4 skills required. Shallow dive from side; swim underwater at least 15 yards; tuck and pike surface dives; survival float at least 2 minutes; back float at least 2 minutes; flip turns on back and front; tread water for at least 2 minutes; front crawl at least 100 meters; butterfly at least 50 meters; breaststroke at least at least 50 meters; back crawl at least 100 meters; elementary backstroke at least 50 meters; sidestroke at least 50 meters; survival swimming at least 2 minutes; rescue breathing; Exit Skills 1 and 2.

Swim Complex: Lanes 5-6**Age: 6Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32662	10:45-11:15am	M-F	Jun 18-29	10c	\$40/\$60
32664	4:35-5:05pm	M-F	Jun 18-29	10c	\$40/\$60
32666	9:35-10:05am	M-F	Jul 2-13	10c	\$40/\$60
32667	10:10-10:40am	M-F	Jul 2-13	10c	\$40/\$60
32668	10:45-11:15am	M-F	Jul 2-13	10c	\$40/\$60
32671	5:10-5:40pm	M-F	Jul 2-13	10c	\$40/\$60
32672	9:35-10:05am	M-F	Jul 16-27	10c	\$40/\$60
32673	10:10-10:40am	M-F	Jul 16-27	10c	\$40/\$60
32674	10:45-11:15am	M-F	Jul 16-27	10c	\$40/\$60
32675	4:00-4:30pm	M-F	Jul 16-27	10c	\$40/\$60
32677	9:35-10:05am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32678	10:10-10:40am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32680	5:10-5:40pm	M-F	Jul 30-Aug 10	10c	\$40/\$60

32681	10:10-10:40am	M-F	Aug 13-24	10c	\$40/\$60
32683	10:15-10:45am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32684	10:15-10:45am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60

Level 6: Lifeguard Readiness

Skills taught/minimum completion requirements include: front crawl at least 200 meters; back crawl at least 200 meters; breaststroke at least 100 meters; elementary backstroke at least 100 meters; sidestroke at least 100 meters; butterfly at least 100 meters; various surface dives; Check-Call-Care principal; care for conscious choking victim; reaching and throwing assists; rescue breathing; treading water for at least 5 minutes; treading water kicking only for at least 2 minutes; compact jump into water from a height with rescue tube; various strokes on rescue tube; retrieve object from 13 feet of water; various assists and supports; spinal injury management techniques; Exit Skills 1 and 2.

Swim Complex: Lanes 3-4

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32686	4:00-4:30pm	M-F	Jul 2-13	10c	\$40/\$60
32687	4:00-4:30pm	M-F	Aug 13-24	10c	\$40/\$60

Level 6: Personal Water Safety

Skills taught/minimum completion requirements include: front crawl at least 200 meters; back crawl at least 200 meters; breaststroke at least 100 meters; elementary backstroke at least 100 meters; sidestroke at least 100 meters; butterfly at least 100 meters; open and flip turns for all strokes; review all surface dives; HELP and huddle positions; tread water at least 5 minutes; tread water kicking only at least 2 minutes; retrieve item from 13 feet of water; survival float at least 5 minutes; back float at least 5 minutes; survival swimming at least 10 minutes; self-rescue techniques while clothed; basic safety rules for open water and boating; Exit Skills 1-3.

Swim Complex: Lanes 3-4

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32690	10:10-10:40am	M-F	Jul 2-13	10c	\$40/\$60
32691	4:35-5:05pm	M-F	Jul 2-13	10c	\$40/\$60
32692	10:10-10:40am	M-F	Jul 16-27	10c	\$40/\$60
32693	4:35-5:05pm	M-F	Jul 16-27	10c	\$40/\$60
32694	5:10-5:40pm	M-F	Jul 16-27	10c	\$40/\$60
32695	10:10-10:40am	M-F	Jul 30-Aug 10	10c	\$40/\$60

Level 6: Swimming For Fitness

Skills taught/minimum completion requirements include: front crawl at least 200 meters; back crawl at least 200 meters; breaststroke at least 100 meters; elementary backstroke at least 100 meters; sidestroke at least 100 meters; butterfly at least 100 meters; open and flip turns for all strokes; etiquette in fitness swimming; use of pace clock; use of pull buoy; use of fins; use of paddles; principals of setting up a fitness program; various training techniques; calculate heart rate; apply principals of water exercise; Exit Skills 1 and 2.

Swim Complex: Lanes 1-2

Age: 6Y - 16Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32697	4:35-5:05pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32698	10:10-10:40am	M-F	Aug 13-24	10c	\$40/\$60

Parent and Child Aquatics

Parent Infant/Tot Aquatics

For parents (one or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. NOTE: infants must wear plastic pants or aquatic diapers over/under their suits while in the water. SKILLS TAUGHT INCLUDE: Water adjustment and entry; bubble blowing; underwater exploration; front float, glide, and leg action; back float, glide and leg action; rolling over; and choosing/using life jackets. All skills require parent contact.

Swim Complex: Lane 11

Age: 6M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32699	10:50-11:20am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32700	10:50-11:20am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32701	4:40-5:10pm	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32702	4:40-5:10pm	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32703	10:15-10:45am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32704	5:10-5:40pm	M-F	Aug 13-24	10c	\$40/\$60
32705	10:15-10:45am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60

Parent/Infant Aquatics

For parents (one or both) and infants ages 6 months to 18 months. NOTE: Infants and tots must wear plastic pants over their suits or swim diapers while they are in the water. Emphasis is placed on water adjustment. SKILLS TAUGHT INCLUDE: water adjustment and entry; bubble blowing; underwater exploration; front glide; front kick; arm movements on front; back float; rolling over; rescue breathing and safety skills (parents). All skills require parent contact.

Swim Complex: Lane 11

Age: 6M - 18M

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32707	10:10-10:40am	M-F	Jun 18-29	10c	\$40/\$60
32708	5:10-5:40pm	M-F	Jul 2-13	10c	\$40/\$60
32709	5:10-5:40pm	M-F	Jul 16-27	10c	\$40/\$60
32710	5:10-5:40pm	M-F	Jul 30-Aug 10	10c	\$40/\$60

Parent/Tot Aquatics

For parents and tots age 1-1/2 to 3 years who have had the previous class or can do Parent/Infant skills. SKILLS TAUGHT INCLUDE: All skills listed for Parent/Infant Aquatics plus jumping in assisted and unassisted; back glide; arms and kicking on front and back; changing positions; getting out of the pool unassisted.

Swim Complex: Lane 11

Age: 18M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32711	10:45-11:15am	M-F	Jun 18-29	10c	\$40/\$60
32712	4:00-4:30pm	M-F	Jun 18-29	10c	\$40/\$60
32713	10:45-11:15am	M-F	Jul 2-13	10c	\$40/\$60
32714	4:35-5:05pm	M-F	Jul 2-13	10c	\$40/\$60
32715	10:45-11:15am	M-F	Jul 16-27	10c	\$40/\$60
32716	4:35-5:05pm	M-F	Jul 16-27	10c	\$40/\$60
32718	4:35-5:05pm	M-F	Jul 30-Aug 10	10c	\$40/\$60

Pre-School Aquatics 1

For children ages 3 to 5 years old. Parent participation required. SKILLS TAUGHT INCLUDE: water adjustment; blowing bubbles; front and back floats and glides with support and kicking; alternate arm action in chest deep water.

Swim Complex: Lane 11**Age: 30M - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32720	9:35-10:05am	M-F	Jun 18-29	10c	\$40/\$60
32721	11:20-11:50am	M-F	Jun 18-29	10c	\$40/\$60
32722	11:55-12:25pm	M-F	Jun 18-29	10c	\$40/\$60
32723	4:00-4:30pm	M-F	Jun 18-29	10c	\$40/\$60
32724	9:00-9:30am	M-F	Jul 2-13	10c	\$40/\$60
32725	11:20-11:50am	M-F	Jul 2-13	10c	\$40/\$60
32726	11:55am-12:25pm	M-F	Jul 2-13	10c	\$40/\$60
32727	12:30-1:00pm	M-F	Jul 2-13	10c	\$40/\$60
32728	9:00-9:30am	M-F	Jul 16-27	10c	\$40/\$60
32729	11:20-11:50am	M-F	Jul 16-27	10c	\$40/\$60
32730	11:55am-12:25pm	M-F	Jul 16-27	10c	\$40/\$60
32731	12:30-1:00pm	M-F	Jul 16-27	10c	\$40/\$60
32732	1:00-1:30pm	M-F	Jul 16-27	10c	\$40/\$60
32733	9:00-9:30am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32734	11:20-11:50am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32736	11:25-11:55am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32737	11:25-11:55am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32738	11:25-11:55am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32739	11:25-11:55am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32740	4:05-4:35pm	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32741	4:05-4:35pm	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60

Swim Complex: Lane 11**Age: 30M - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32735	11:20-11:50am	M-F	Aug 13-24	10c	\$40/\$60

Pre-School Aquatics 2

For children ages 3 to 5 who have mastered all Preschool Aquatics 1 skills. Parent participation is required. SKILLS TAUGHT INCLUDE: water adjustment, fully submerge and retrieve objects under water; orientation to deep water; 10 bobs; turtle float 5 seconds; rhythmic breathing to side 5 times; unassisted front and back floats and glides 5 seconds; combined stroke on front with breathing to front or side 20 ft.; combined stroke on back 20ft.; rolling over and changing directions.

Swim Complex: Lane 11**Age: 30M - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32742	9:00-9:30am	M-F	Jun 18-29	10c	\$40/\$60
32743	11:20-11:50am	M-F	Jun 18-29	10c	\$40/\$60
32744	11:55am-12:25pm	M-F	Jun 18-29	10c	\$40/\$60
32745	12:30-1:00pm	M-F	Jun 18-29	10c	\$40/\$60
32746	1:00-1:30pm	M-F	Jun 18-29	10c	\$40/\$60
32747	4:35-5:05pm	M-F	Jun 18-29	10c	\$40/\$60
32748	9:00-9:30am	M-F	Jul 2-13	10c	\$40/\$60
32749	11:20-11:50am	M-F	Jul 2-13	10c	\$40/\$60

32750	11:55am-12:25pm	M-F	Jul 2-13	10c	\$40/\$60
32751	12:30-1:00pm	M-F	Jul 2-13	10c	\$40/\$60
32753	5:10-5:40pm	M-F	Jul 2-13	10c	\$40/\$60
32754	9:00-9:30am	M-F	Jul 16-27	10c	\$40/\$60
32755	11:20-11:50am	M-F	Jul 16-27	10c	\$40/\$60
32756	11:55am-12:25pm	M-F	Jul 16-27	10c	\$40/\$60
32757	12:30-1:00pm	M-F	Jul 16-27	10c	\$40/\$60
32758	5:10-5:40pm	M-F	Jul 16-27	10c	\$40/\$60
32759	9:00-9:30am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32760	11:20-11:50am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32761	11:55am-12:25pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32762	12:30-1:00pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32763	5:10-5:40pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32764	9:00-9:30am	M-F	Aug 13-24	10c	\$40/\$60
32765	11:20-11:50am	M-F	Aug 13-24	10c	\$40/\$60
32768	5:10-5:40pm	M-F	Aug 13-24	10c	\$40/\$60
32769	10:15-10:45am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32770	10:15-10:45am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32771	11:25-11:55am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32772	11:25-11:55am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60

Pre-School Aquatics 3

For children ages 3 to 5 who have mastered all Preschool Aquatics 2 skills. SKILLS TAUGHT INCLUDE: 15 bobs; bob to safety; jump into deep water and return to wall unassisted; kneeling dive; crawl stroke with side breathing 10 meters; back crawl stroke 10 meters; whip kick; reverse directions while swimming on front and back; tread water 15 seconds; swim on front and back with personal floatation device on.

Swim Complex: Lane 10**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
32777	9:35-10:05am	M-F	Jun 18-29	10c	\$40/\$60
32778	12:30-1:00pm	M-F	Jun 18-29	10c	\$40/\$60
32779	4:35-5:05pm	M-F	Jun 18-29	10c	\$40/\$60
32781	9:35-10:05am	M-F	Jul 2-13	10c	\$40/\$60
32782	4:00-4:30pm	M-F	Jul 2-13	10c	\$40/\$60
32783	9:00-9:30am	M-F	Jul 16-27	10c	\$40/\$60
32785	9:35-10:05am	M-F	Jul 16-27	10c	\$40/\$60
32786	1:00-1:30pm	M-F	Jul 16-27	10c	\$40/\$60
32787	4:00-4:30pm	M-F	Jul 16-27	10c	\$40/\$60
32788	9:00-9:30am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32789	9:35-10:05am	M-F	Jul 30-Aug 10	10c	\$40/\$60
32790	1:00-1:30pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32791	4:00-4:30pm	M-F	Jul 30-Aug 10	10c	\$40/\$60
32793	9:35-10:05am	M-F	Aug 13-24	10c	\$40/\$60
32794	11:20-11:50am	M-F	Aug 13-24	10c	\$40/\$60
32796	4:00-4:30pm	M-F	Aug 13-24	10c	\$40/\$60
32797	4:35-5:05pm	M-F	Aug 13-24	10c	\$40/\$60
32798	10:50-11:20am	Sa-Su	Jun 23-Jul 22	10c	\$40/\$60
32799	10:50-11:20am	Sa-Su	Jul 28-Aug 26	10c	\$40/\$60
32800	11:20-11:50am	M-F	Jul 2-13	10c	\$40/\$60